

# Report to the Meeting of the

Oxford Health NHS Foundation Trust

**BOD 56/2022**

(Agenda item: 02)

**Board of Directors**

**28th September 2022**

**Forensic Recovery College**

**For: Information**

This patient story records the work undertaken by the Forensic Recovery College (FRC) who have recently been shortlisted for the Health Service Journal (HSJ) Patient Safety Awards in the Co-Production category.

***About the service***

The Forensic Recovery College is an adult education service that provides free courses on mental health and wellbeing within Thames Valley Forensic Service. Our courses are offered to people detained in the Forensic setting and Forensic mental health professionals. Using tried and tested methods for looking after our mental health we aim to support people to find hope for the future, to regain a positive sense of self, develop a sense of personal control and find opportunities to reach their own personal goals.

All the courses are interactive and are based on learning together with others. Staff and service users attending the course are treated equally as students. By using an educational model of recovery, we learn and develop skills together to better manage our own and others' mental health. The Forensic Recovery College differs from other education providers in that we give equal weight to both academic knowledge and lived experience. This is the reason all our courses are designed and delivered by both an Expert by Experience (someone with lived experience), and an Expert by Training (someone with a professional background in that area).

***About the service users***

The Forensic Recovery College operates within the existing structure of Oxford Health NHS Foundation Trust-Thames Valley Forensic Service. Our forensic mental health service provides accommodation, treatment and support for people who have been diagnosed with severe mental health problems and are considered to pose a risk to the public and /or who cannot be safely managed in other mental health settings. OHFT is an NHS provider of secure services for Oxfordshire Buckinghamshire and Berkshire.

***Service delivery***

**Student involvement:**

Service user involvement with focus on co-production is an essential component of recovery-orientated services. Professionals and service-users sharing the power to plan and deliver support services together improves sense of belonging, builds stronger relationships between peers and staff and reduced isolation. The approach blurs boundaries between delivering and receiving services and promotes sense of responsibility over one’s own wellbeing.

**Panel of leaders**

These principles are now applied in the FRC management structure to promote a shift towards a more even distribution of power. The panel leaders meet every eight weeks and take decisions about the direction of the college at a strategic level. Our panel of leaders are made up of our students, both staff and service users.

**Tutor Training**

Our students can train to be tutors if they wish, we run in-house tutor training every two years, and our most recent cohort of nine tutors (both staff and service users) are in the process of completing their training.

**Library of Life**

The library of life is a collection of short video stories created by students and tutors of the Forensic Recovery College and the Oxfordshire Recovery College. These stories are about journeys towards recovery and overcoming the hurdles of life. They aim to give the viewer a sense of community, that we are not alone with our struggles.

Please see some of our stories here: [www.oxfordshirerecoverycollege.org.uk/library-of-life](http://www.oxfordshirerecoverycollege.org.uk/library-of-life)